

Work Capacity Test: Informed Consent

- **Pack Test- Arduous** The 3-mile test with a 45 pound pack in 45 minutes is strenuous, but no more so than the duties of wildland firefighting.
- **Field Test-Moderate** The 2-mile test with a 25 pound pack in 30 minutes is fairly strenuous, but no more so than the field duties.
- **Walk Test-Light** The 1-mile walk in 16 minutes is moderately strenuous, but no more so than the duties assigned.

Risks

- There is a slight risk of injury (blisters, sore legs, sprained ankles) especially for those who have not practiced the test. If you have been inactive and have not practiced or trained for the test, you should engage in several weeks of specific training before you take the test. Be certain to warm up and stretch before taking the test, and to cool down after the test. The risk of more serious consequences (such as respiratory or heart problems) is diminished by completing the **(HSQ)** physical activity readiness questionnaire.

☐ I have read the information on this form, the brochure "Work Capacity Test" and understand the purpose, instructions, and risks of the job related to work capacity test.

☐ I have read the information, understood, and truthfully answered the HSQ.

Test to be Taken (check one) Pack test ☐ Field Test ☐ Walk Test ☐

Signature _____ Date _____

Printed Name _____

Privacy Act Information

The information obtained in the completion of this form is used to help determine whether an individual being considered for Wildland Fire fighting fire duties can carry out those duties in a manner that will not place the candidate unduly at risk due to inadequate physical fitness and health. Its collection and use are consistent with the provisions of 5 USC 552a (Privacy Act of 1974).

The information will be placed in your medical folder, and is to be used only for official purposes as explained and published annually in the Federal Register under OPM/GOV'T, the OPM system of records notice.

Paperwork Reduction Act Statement

Under the Paperwork Reduction Act of 1995, no person is required to respond to a collection of information unless it displays a valid OMB control number. The valid OMB control for this information collection is 0596-0164. Public Report Burden hour is estimated average 2.5 minutes per response including the time for reviewing instruction (if any) hearing a description of the project. Send comments regarding burden estimate of any other aspect of this survey, including suggestions for reducing burden to: Information Collection Officer, USDA/Forest Service/ 1621 North Kent Street, Room 800 RPE, Arlington, VA 22209 and to the Office of Management and Budget, Office of Regulatory Affairs, Desk Officer for Forest Service, Washington 20503.